

# EDGECOMBE COUNTY Employee Newsletter

January 2008

## Dates to Remember

**Commissioners Meeting  
February 4<sup>th</sup> 2:00 PM**

**Joint Meeting  
County Commissioners &  
Board of Education  
Feb. 11<sup>th</sup> - 2:00**

**CPR/First Aid Class February  
19<sup>th</sup> call Emergency Services  
at  
641-7806 to register.**

**Seating limited, register now.**

## From the County Manager

I want to thank all of you for being so prudent with county funds over the last couple of years. Though things have definitely been tough, they certainly could have been much worse if each department had not done its part to keep costs down. I know that many of you have made do with limited staff and resources. I also know that all of the department heads have had to make tough decisions and carry a heavy load of addressing an increasing demand of services from our citizens without being able to hire staff that you need and purchase equipment that is necessary. I thank all of you for that.

Though there is at least a glimmer of light at the end of the tunnel, (with full Medicaid relief trickling down in stages, the possibility of a ¼ cent sales tax increase, and revaluation for property taxes currently underway) we have to maintain our current posture, because we are not out of the woods yet. Our fund balance (sort of like a savings account) in the current budget has been appropriated down to 9%. The state requires that we stay above 8%. Therefore, if we were to spend everything that has been allotted in the current budget, we will be dangerously close to that limit. In laymen's terms, that means in order not to have cash flow issues (and pay expenditures like payroll) we need to keep costs down. Just like in your personal finances, we have to make sure that money is not going out faster than it's coming in. Department heads are to continue to monitor your budgets closely and make projections for the remainder of the year. All of us can encourage everyone we know to pay their taxes, especially your coworkers. Encourage people you know to shop inside the County whenever possible to keep sales taxes here. Most importantly, be as efficient in your work and with county resources as you can. Thanks for your hard work and dedication.

## Who Will Be the Biggest Loser?

Edgecombe County Government received funds through the Risk Management Services Board of Trustees to assist in the implementation of a wellness program. Through these funds an incentive program, various activities and the **Edgecombe County~ We've Got the Power in Wellness** program was titled. On January 14<sup>th</sup> the Edgecombe County wellness committee began its Biggest Loser competition. We are delighted to the overwhelming response from our employees who wish to participate in the three month challenge. Ninety Three employees rose to the occasion to be weighed in. The mission of the Edgecombe County Wellness Program is to *enhance the overall health and quality of life for our employees by improving and maintaining their health and wellbeing through education, programs and support*. Through these efforts Edgecombe County Government hopes to accomplish those goals.

During the month of February we also want to bring attention to **heart** health and encourage the importance of healthy living and increase physical activity to be able to live longer healthier lives.

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### Brain Teaser

*How many letters are in  
the alphabet?*

*See the back page for the  
answer*

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## Simple Tips for a Slimmer Waist



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### Answer to the Brain Teaser

There are 11 letters in  
"the alphabet"

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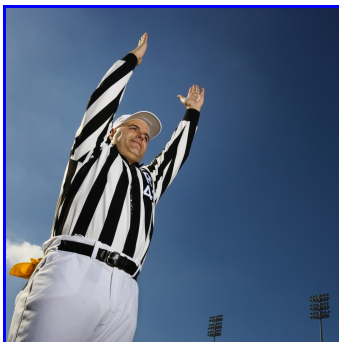
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### Quote of the Month

"Faith is taking the first  
step, even when you  
don't see the whole  
staircase."

*Dr. Martin Luther King Jr.*

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Everyone knows that eating right and exercising are the keys to weight control. But here are some less obvious tips to make your efforts pay off fast.

**EAT BREAKFAST:** It's true - regular meals and occasional low calorie snacks help prevent the "famine-then feast" syndrome. *Great Start:* Fill up first thing with energizing high fiber cereal, whole grain bread and fruit.

**POST A LIST OF SMALL PROJECTS ON THE REFRIGERATOR.** Then whenever you're bored and tempted to snack, tackle an item from your list. *Result:* The distraction will help you ride out crave attacks.

**SERVE YOURSELF HALF THE AMOUNT** you usually eat if you tend to eat everything in front of you. Make less food look like more by using smaller plates.

**KEEP BURNING FAT AND CALORIES** with regular aerobic exercise such as walking, biking, swimming, or rowing. *Advantage:* Aerobics can raise your metabolism both during the workout and for hours afterward - the longer the session the better.

**TAKE TIME TO ENJOY YOUR FOOD.** It takes about 20 minutes for your brain to receive the signal that you're full. *Slow your meal:* Put your fork down between bites; chew slowly; and savor each flavor and textures.

*Provided by Top Health: The Health Promotion and Wellness Newsletter*

## Info of Interest

### For those who have not paid your past due taxes, garnishment will begin with your February paycheck

County Health Plan Announces 100% coverage for certain preventative benefits. This includes certain wellness exams, immunizations, screenings and women's health services. Go to <http://nccountyhealthplan.org/2007PHBenefits.pdf> for a list of covered services

A copy of our most recent audit report is on our website for review at <http://www.edgecombcountync.gov/finance/budget.html>

Taxes and water payments can now be made online or by phone. Check out our website for more information at

<http://www.edgecombcountync.gov/tax/taxpayments.html>

Congratulations to the Department of Social Services and all who participated in the Toys for Tots campaign. They were able to serve 223 families.

Employees should review the personnel policy regarding overtime and leave. Be sure to note that you cannot take leave in the same month in which you earn it, and all overtime has to be pre-approved by your supervisor before you take it.

*Don't forget to do regular backups on your computer*

## Super Bowl Sunday Partying and Consumption Stats

Hosting a party on Sunday? You're not alone. According to Hallmark Cards, Inc., The Super Bowl represents the No. 1 at-home party event of the year. Believe it or not, it's even bigger than New Year's Eve. No fewer than \$55 million is expected to be spent on food for The Big Game. After spending an estimated ten million man-hours (give or take a couple of seconds) preparing all that grub, Americans are expected to consume the lot within approximately fifteen minutes, well before the first touchdown is scored.

How much do we eat? Almost 15,000 tons of chips and 4,000 tons of popcorn. To take these out of rational perspective, lining up each and every chip would produce a trail of almost 293,000 miles (not quite 1-1/2 times the distance to the moon, or six feet per American). Meanwhile, a popcorn string consisting of all that popcorn would ring the Earth almost 5-1/2 times—take that, Saturn! They ought to just make Super Bowl Sunday officially a national holiday.

Source: Os Davis, [www.associatedcontent.com](http://www.associatedcontent.com)